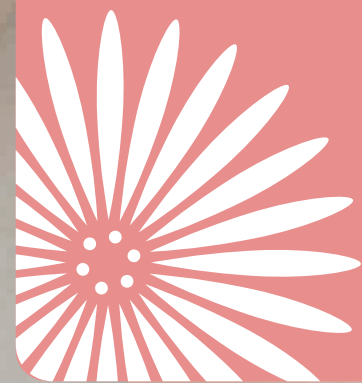




Using Loving Support To

# GROW AND GLOW

in WIC



*Breastfeeding is a gift  
that lasts a lifetime.*

Adapted from the United States Department of Agriculture, Food and Nutrition Service and Every Mother, Inc.  
For persons with disabilities, this document is available on request in other formats.  
To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388).  
This institution is an equal opportunity provider. Washington State WIC Nutrition Program does not discriminate.







Using Loving Support To

# GROW AND GLOW

in WIC



*Yes, you have  
enough breastmilk.*

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# GROW AND GLOW

in WIC



*Breastfeeding makes you  
feel good about yourself.*

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Using Loving Support To

# GROW AND GLOW

in WIC



*Breastmilk is the best food  
you can give your baby.*

*loving support*  
makes breastfeeding work

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USDA Food & Nutrition Service

PUBLIC HEALTH  
always working for a safer and  
HEALTHIER WASHINGTON

Washington State Department of  
**Health**  
DOH 960-321 March 2011

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Nutrition Program





Using Loving Support To


# GROW AND GLOW

in WIC



## Growing Healthy Babies Through Breastfeeding

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Loving  support  
makes breastfeeding work

USDA Food & Nutrition Service

PUBLIC HEALTH  
ALWAYS WORKING FOR A SAFER AND HEALTHIER WASHINGTON

Washington State Department of Health  
DOH 960-321 March 2011

WIC  
Washington State WIC Nutrition Program





Using Loving Support To

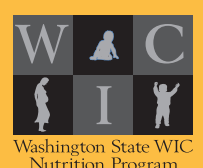
# GROW AND GLOW

in WIC



## Glowing With Good Health Through Breastfeeding

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# P R I N T I N G   S P E C I F I C A T I O N S

**Title:**    **Grow and Glow** (poster)

**Size:**    18 x 24"

**Paper stock:**    100# cover, white, smooth

**Ink color:**    4-color process

**DOH Pub #:**    960-321